

Not Your Typical Communications Trainer

How does an English-learning, terrified-to-speak, flat-footed immigrant become a keynote speaker and communication trainer?

I lived most of my life afraid. When I came to the United States after my 8th birthday, I quickly discovered that my English wasn't good enough for native English speakers. I transformed from a quirky, communicative kid into a terrified introvert, scared to speak up for myself and constantly muting my own needs for the sake of others.

It was only after I found the academic sport of speech and debate that I learned how to use my greatest fears as fuel for my biggest dreams. I knew I could choose to play it safe by protecting myself from criticism, or I could open myself up to failure, commit to learning the tools and techniques I needed to communicate with confidence, and give myself the best chance to be seen and heard.

Now, I'm using my 25 years of experience as a keynote speaker, trainer, educator, and coach — combined with my educational background in literature, instructional design, and strategic communications — to help you and your audiences.

My life's mission is to support you in transforming your fear into fuel through speaking, storytelling, and communicating with confidence. I don't share the generic and technical tips most coaches and speaking courses teach. I give you the guidance, tools, feedback, accountability, and encouragement you need to speak confidently and powerfully.

Through interactive keynote speeches with practical and applicable next steps, I equip and inspire audiences to:

- **BUILD LASTING CONFIDENCE**
- **COMMUNICATE WITH CONFIDENCE**
- **SHARE YOUR UNIQUE STORY**
- **BUILD EMPATHY FOR YOURSELF AND OTHERS**

